I-RECOVERY KERNEL

IPROTOKOLO YOKUVALWA KWEMIDLALO: IMETHEDRONE.

4-Methoxymethcathinone (bk-PMMA) – Ngokunyaniselo Ekubandakanyekeni Kwezinto Ezinye.

Le gidi ekhoyo kuba ukuyeka ngokukhuselekileyo kuxhomekeke kwinto yonke enye oyithathayo, hayi kuphela i-methedrone.

⚠ IMISEBENZI YOKUNCIPHISA UMTHINTEKO — AKUYONGCWALO LWEMEDYIKHAYA | Ngexesha lentlungu: shayela u-112 okanye uthethe ku-0800 567 567.

Inxenye enkulu yale ncwadana ibhekishe kwinto enye nganye kuba ingozi emikhulu yokutsalwa kwiimpempe ilingwaneni kuphela. I-Methedrone eyenzekile ngokwahlukile endleleni ethile: ukusebenza kwayo kwe-serotonergic kunye nomgca omncinci wokutshintsha i-MAO (reversible MAO-inhibiting mechanism) kuthetha ukuba ixesha elingabi nakubufaneleyo lokuyekisa i-methedrone, ngakumbi akuyi kuba yile nto yokutsalwa kwiimpempe—kuba kunjalo kukuxutyana okungahleliyo kunye nenye into esebenzayo kumntu, nokuba ibhalisiwe okanye hayi. Le ncwadana ithatha oku njengenkcazelo ebalulekileyo, hhayi nje isicatshulwa.

Isigaba 0 — Ukukhusela Okukhawulelweyo: Funda oku kuqala.

⚠ NGXELIYO YEZOKUZONDA.

UKUBA USEBENZILE IMETHEDRONE NGENXA YOKUSEBENZA KWEMINYE IMIDLALO EHLANGANISWE NAMATHEKSANA AJONGWA NGOBUNTU (SSRI), AMATHEKSANA AJONGWA NGOBUNTU ANENTABAKALELO (SNRI), AMA-MAOI, I-TRAMADOL, IDEXTROMETHORPHAN, ITIPTANI, ISIT. JOHN'S WORT, OKANYE NAManye AMAGULI NOKUNYANGO OKUJONGWAYO OBUNTU—OKUBINI UKUBE UCELELE ESISEBENZISWA KWENYE YILE NA — QAPHELANA NGOKUQINISEKILEKO KWI-SEROTONIN SYNDROME. INGAHLANGANISWA KWIIHHARA NAYE INGABATHA NGOKUKHULU. TSATSHA U-112 OKANYE UHLAHLULELE KUMKHUNYAKALO WOKUNGCELEKA UKUBAMBISA: UKUQABA NOKUNGAKUVUMEKI, ISIQINISO SEENTABA YENYA, INTABAKALELO EPHEZULAYO, AMABHUKU APHUMILE, UKUDLALA KWEMITHA, UKUSHINTSHISWA KWEMIZI OKANYE UKUTSHINTSHA KWAYO, UKUGQWANGQA, NOKUFUMA—NGOKUKHULU UKUBAMBISA.

Isiqendu esithathu somthambo we-serotonin, elichazwe ngokucacileyo:

- Tshintsho kwimeko yengqondo — ukukhala, ukungabi nako ukucinga kakuhle, ukuziva ngathi unamandla.
- Ukungqinelwa kwemithambo yegazi—ukuba neenyawo, ukunyuka kweentliziyo, ingcango ephezulu, ukuphunga, ukutshabalala.
- Iimbululeko zokuziphatha kweemisipha—ukuthanda, ukukhuluphala kwemisipha, ukudumba kwemisipha (imyoklonusi), iimveliso ezikhulu, ukulahlekelwa kokuqinelana.

Nanye na lezi zinto emva kokuphuza i-methedrone, ngakumbi ukuba kunye nezinye izinto ezifumana i-serotonin, yingozi. Xelela abaphenduli bezimo eziphazekileyo zezinto ezazisetyenzisiwe kanye nemithi eyayikhunyiwe— oku athinta kakhulu indlela yokwelapha.

⚠ NXENJELELWE

Le ngcebiso ayizukuhlinzeka ngeschedule yokunciphisa utyalo-moya ekhaya, ipulethi yokuncipha itayitile, okanye imiyalelo yendlela yokuyisebenzisa. Akukho mphumo osemthethweni wezokwelapha onokuphakamisa indlela encinciyo yetyalo-motho kule nto, kwaye kuba neengoongoongoo zokuxutywa ezichazwe kuyo yonke le ngcebiso, ukuzama ukunciphisa utyalo-motho ngokwakho ngaphandle kwengxelo yezokwelapha kubuthuswa kakhulu kunaxa kunjengezinye izinto kule mikhakha. Oko le ngcebiso inikezayo endaweni yoko kukuhlu lolwaphthalalelo olufanelekileyo, kwaye ukuqonda ukuba umzimba wakho neengqiqima zakho zidlala njani.

Isigaba 1 — Ngenxa yokuba ngaba ukusetyenziswa kweemithi ezininzi yeyona nto ebalulekileyo apha.

I-CENTURION – Inkqulelo Ezenza Ukuhlanganiswa Kuba Yingozi.

IMethedrone yinto eyomeleleyo kwaye ilinganisayo i-serotonin kunye ne-norepinephrine, kwaye ifakwe ukuba ibalulekile kodwa iyatshintsha ngokuthe xesha imveliso ye-monoamine oxidase (MAOI). Ngokwahlukileyo, oku kunjalo okubandakanyekileyo kukuyinto ekwenza imiphumo yayo kwaye indlela eyayikhululekileyo. Xa ihlanganiswe kunye nayiphi na into enyusa ukusebenza kwe-serotonergic — isifundo se-SSRI okanye i-SNRI, i-MAOI (efakwe okanye engabonakalisi), itramadol, idextromethorphan, iitripans, iSt. John's Wort, okanye nayiphi na into enye eyayisebenza kwi-serotonin — ingozi ayiyonto yokwongezeleka kuphela, kodwa yinto enkulu. Oku kukuba ngumgca ofanayo nomalunga neengxaki ze-MDMA kunye ne-SSRI, ekwandisiweyo ngomsebenzi omncinci we-MAOI ye-methedrone kunye nexesha elide lempumelelo yayo, echaza ukuba umsebenzi ophantsi uqhubeka kwi I-mpilo yale nkqubo ilingana kakhulu kunokuba ibe nganye yezinye iikathiyoni ezifanayo.

Yeyonto le ukuba 'ipholifarmasi' kuleli bhidi ayidingi kuphela ukuba zikakhulu izinto ezininzi ezisetyenziswa ngokungafanele—kwaneliseka ukubandakanya i-antidepressants eyokwelapha, ezinye imithi eyokwelapha, kunye nezithunzi. Ingxoxo malunga nokuyeka ukusetyenziswa kwe-methedrone engabandakanyi ulwazi oluphelelelyo ngayo yonke eminye into ekubunzima bomntu ayikho ingxoxo ephelelelyo, kwaye ngale mithi ikakhulu, ingxoxo engenaphelelweyo ibanga umngcipa omalunga.

Isigaba 2 — Ixesha Lokunyathela Ukutsalaliswa.

I-CENTURION — Ngenxa yokuba oku hamba ixesha elide kunokuba yintshukumo eyinxenye ye-cathinone.

Ixesha elideyo ukususa i-methedrone (iilingelo zokubalwa kwezinto eziphathekayo zibonisa ukuba malunga nomhla ophiwo) linde kakhulu kunale ye-mephedrone okanye i-methylone. Oku kuthetha ukuba, ngokuvamile, ukuphazamiseka okuqala kunye nexesha lokuqala lokutsalaliswa kuyenzeka kancinci kwaye kufuneka kude ngakumbi kunokuba kube yintlekele engasuki ngokukhawuleza eboniswe yi-cathinone enesiphumo esikhawulezini.

Iphepha.	Iwindo eyinto ekhethekileyo.	Kunjengenzeka?
Ukubuyela kwesimo esibi ngokushesha.	Eeentshisi 12-48 emva kokusetyenziswa okugqibelayo.	Ukuba nomdlandla omncinane, umuzwa ongathandekiyo, kunokuba neengxaki zokulunga – okuza kamkelayo kwiindlela ezithile ngenxa yokuphuma kwemichiza esele kumzimba okuyinto eyazisa.
Ukutsalaliswa kwexesha eliphikisayo.	Iintsuku ezili-2 ukuya kweziyi-10.	Ukuba neengxaki zombu, ukungoneliseki, ithubaleko, ukuphazamiseko lokulala, ukukhathazeka, kutshintsho kwendlela yokuthanda ukudla—kwaye oku kungabonakala ngendlela eyomileyo kakhulu kunokuba kunjalo xa umntu uphoqe izinto ezifakelweyo.
Ukuzinzisa.	Iviwekendlo 2–6.	Ukubuyela kancinci kwendlela yokulala kunye nomvuzo, kodwa imizwa ingasafani.
PAWS	Iinyanga 1–12	Ukuba neentlalo ezikhawuleza, ukulahlekelwa kakhulu, kunye nomdla. Oku kwenzeka njengoko iinkqubo ze-serotonin ne-dopamine ziqala ukuzakhela ngokutsha.

Isiqendu 3 — Kuthiwa Nini Ukuba Yonke Into Ibuye Yaba Ngokunjalo?

Kwiindlela ezimbalwa okanye ukusetyenziswa kweengxaki, abantu abaninzi babona iimpawu ezinzulu zithibhekile kwisithuba seveki enye ukuya kweziyini. Kwiindlela ekuxutyushweni okuzayo okanye oluqhelekileyo, ingxenye ebalulekileyo yokubuyela kumgangatho ongasemangalisa—ixesha apho imizwa, ukulala, kunye nokucinga kuthambekile kwaye kungabonakali "kulungile" phakathi kwezinto ezilungileyo—ngokuqhelekileyo ithatha iiveki ezine ukuya kweziyishumi. Kungenzeka ukuba zikhona iziganeko ze-PAWS (Post-Acute Withdrawal Syndrome) ngexesha elide kakhulu, de kwiminyaka. Ukuba umatyelelwano womonakalo oncedisayo uyinxalenye yendlela, ixesha elifunekayo ukuze uzive kunokuba uphumelele nakho kufana nendlela le nxenye ibalulekileyo ebhekwe ngayo (Isahluko 6)—yeyona nto enye ekwenza ukuba ungenzi lo mgqala ngaphandle komongameli.

KUZWA.

Ukuba usengexeshini okanye ezimbini kwaye usenokudlala okunzulu, oko akuyi kukubonisa ukuba uphondo lwakho alusebenzi. Umgca onamandla kangaka kwi-serotonin, onexesha elide lokususa, unomsebenzi omkhulu kumjikelo wengqondo. Iingcinga ezithile zilindelekile, kodwa azibonisi ukuba kukho into engalungileyo.

Isahluzo 4 — Yintoni Okungenzeka Uthathi Kuyo.

- Ubunye obuncinane, obunzulu kakhulu kunokuba kunjalo kwindlela yokutsalaliswa yeyenziweyo ngokuphuma kwe-dopamine kuphela—olu hlobo luyinxenye yesenzo seluhlu oluthile.

- Ukulala okunzima kokuphindaphinda, ngamanye amaxesha kunemibonakaliso emangalayo okanye engakhululekanga njengoko ukuregula kwe-serotonin buyabuyela ebubungeni.
- Iingxenye zentliziyo ezomileyo okanye ukukhathazwa kunye enokuba zimile kakhulu kumalimo athile ekuhlaleni—umfanekiso oqinisekiswe we-PAWS, hhayi uphawu lwesigulane esitsha.
- Ukuba usebenzisa ezinye izinto (bheka iSahluko 6), ukunyamekela kwakhomanethi dhon kunokuba nzima kwaye kungabonakaliswa kulonyamekelo okanye imiphumeko emva kwezinye izinto onazo—le nto yenye into ekwenza ukuba umfanekiso oqanjelweyo wezokwelapha ubaluleke ngakumbi apha kunokuba kwisikhululo esilungelelanisiwe.

Isahluzo sendalo.

Igene / Uhlobo	Ukubalulekileyo kokuphumiswa.
CYP2D6	Abantu abanokuba ngabaxokeleliyo bemitha i-methedrone kunye nezi metabolite zayo kancinci, oku kuthetha ukuba ingozi yokuqhagamshelana enxulumene ne-serotonergic kunye ne-MAOI inokuhlala ixeshana elinde ngemva kokusetyenziswa okugunyazwe njengoko iindlela ezivamiseyo zikhokelela.
SLC6A4 (5-HTTLPR)	Imiqondiso ibalulekile ekubandakanyeni kobunzima bomhlaza obangelweyo yi-serotonin kunye nomntu wonyanzela kwiingxaki ze-serotonin.
MAOA (uVNTR)	Igalelo lobunzima be-monoamine oxidase elo nto luyathinta ukuba yintoni enye ingxenye ye-serotonin—eyenziweyo ngumthefu we-methedrone okanye eyenziswa kunye nayo—efuneka ilawulwe.
COMT (Val158Met)	Kulawula ingxenye yedopamine yokutsalaliswa kokuphumiswa kwemithi kwaye ithwala ukuba yintoni na imveliso yemibuzo yangendalo emva kokupheliswa kwemithi—bheka iGidi yokuPhucuka, isahluko 6.

⚠ NXESHEZELO

Ukuba uyazi ukuba ngubani ongumthamo we-CYP2D6 kwaye ungumthengisi omde (poor metabolizer) okanye osezantsongwaneni, yenza kube bonakalayo kubafundi abanothando nabaxhasa imithi yakho— oku athinta ixesha elingunaphakathi apho ingozi yokudibanisa imithi ibalulekileyo.

Isahluzo 6 — Ukusebenzisa Imithi Emine Nangakumbi: Izinto Ezi Balulekileyo.

Le yinxenye ebalulekileyo ekwenza le ngcebhiso ibe ngumfundiso oza kunye, kungekhona nje isigqeba esifushane kwi-ngcebhiso enkulu yokulibazisana. Kuyo yonke imeko ilandelayo, into efanileyo ekufuneka uyenze ukuze uphumele ngendlela ekhuselekileyo iyahlukile.

6.1 — Imithi eyokunciphisa ukudangala (SSRIs), imithi ye-SNRIs, okanye eminye imithi eyomilekileyo yokulalisela.

⚠ NXENJELELWE

Ona le ndlela eyodwa kwaye ibalulekileyo yokusebenzisa imithi emininzi kunye ne-methedrone. Ukuba ufumene umyelo wokusela ukuthomalalisa (antidepressant) kwaye usetyenzile i-methedrone, ungazenza izigqibo ngaphandle kokuxolisa malunga nayo nayiphi na into — ukuceka kwe-methedrone ngokuthe ngqo yeyona nto ekudlulekileyo; ukuyeka okanye ukulungiswa kwesityalo sokuthomalalisa ngokuthe ngqo yinye into enokuba neengozi zayo. Ukwenza le mizenzekelo ibe mbalwa, ngaphandle kokuxutywe ngomdla, yindlela abantu abafumana ngayo ukudibaniswa okungahlaziywa komthomalalisa (serotonergic) okanye iingozi zokuyeka umyalo wokuthomalalisa ezibandakanyekile kwi-withdrawal ye-methedrone.

Indlela elungileyo kukwazisa, kunokuziphatha ngokwakho: xelela umdokotela wakho ukuba usebenzise i-methedrone, kubandakanywa nokuba ngeli ntsuku engaphambili. Kunzima ukuthiwa oku, kodwa yinkqubo ebalulekileyo ekubeni umdokotela akwazi ukuphatha imithi yakho ngokukhuselekileyo kulo lonke ixesha—kubandakanywe nokuba kukhethwa okanye cha ukuguqulwa kwexesha elithile, ixesha lokuhloliswa, okanye uhlengiso olucacileyo ngaphambi kokubuyela kumithi ekhokeza i-serotonin.

6.2 — Ezinye izinto ezikhuthazayo okanye iikathionine (kwiimeko yoxolo kunye nezixhobo ezininzi).

IMethedrone ngamanye amaxesha isetyenziswa kunye nezinye iikathionine, i-methamphetamine, okanye i-GHB kwiimeko zokuzonwabisa okanye zamatyala. Wonke umgca owongezelelweyo we-stimulant okanye into esebenza kwisikhungo senjolini (CNS) uyangeza ingozi yezifo zeentliziyo neengcinga, ngaphandle kweengxaki zokukhululeka kwe-serotonin ezinje. Ukuba oku kubhaliwe kule ndlela oyilandelayo, iMiqondiso yoPhumezelo lwe-Recovery Kernel ye-Methamphetamine kunye ne-GHB kulolu hlu lubhekana ngqo neengozi ezithile zokuphuma kwezinto ezinje—funda imigaqo ehambelanayo kule nto kunokuba utyale ucingo ku-methedrone njengento yakudala.

6.3 — I-alkohol kunye ne-benzodiazepines.

Ukusebenzisa utywala okanye i-benzodiazepine kunokufihla izimpawu zokuqala zokusileka okanye izimpawu ezingxoliselweyo kwi-serotonin, kwaye oku kungathintela ukuba kufunyaniswe ngexesha elithile ingozi. Ukuba nayiphi na yale nto ibekengxenye yendlela oyiphatha, qaphela oku ngokucacile kubafundi bezokwelapha abazibandakanywa—ukuxhomekeka kwi-benzodiazepine ngokoqobo kunomngeni wakhe wokuyecala, kwaye kufuneka kulawulwe ngexesha lakho elikhethekileyo, hhayi ukuba kungafihliselwe kwixoxo malunga ne-methedrone. Bona ileyidi yale nkqubo ethi "Benzodiazepine Forced Discontinuance" ukuba ifanelekile.

6.4 — I-MAOI (ezibhalisiwe okanye ngaphandle koko).

⛔ NGXAKI YEZOKUSHIYALWA.

UKUDIBANA KWEMETHEDRONE NE-MAOI (monoamine oxidase inhibitor) eyomileko (njengokuba yi-PHENELZINE, i-TRANYLCYPROMINE, okanye i-SELEGILINE) kubungakanani obunzulu kwaye kunokubangela ukufa. Ukuba oku kukufanele, le nto ayiyonto ekufanele uyilawule ngale ndlela, okanye uzame ukuzilungisa ngokwako. Xhumana nomdokotela wakho osenayo ngoko nangoko kwaye uthethe nge-methadrone oyisebenzisayo, okanye ufumane unyango olusindisekile ukuba nawo nayiphi na imbeko ye-serotonin syndrome ekhankanywe kwisahluko 0.

Isigaba 7 — Sebenzisa Ukuhlukahluka Kwemiphumo.

Into ekufunekayo ukuyeka ukusetyenziswa kwe-methedrone kuxhomekeke kakhulu kwindlela eyayisetyenzwa ngayo — akukho zimo zonke ayingqinelwe yimiba efanayo yokunakekelo lwemithi, nangona iingcebiso ezikhankanywe kwiSahluko 6 zibalulekile mhlawumbi.

Ikhasi.	Pattern	Le ngcebiso ethile leyo.
1 — Ukuphonononga.	Ukusetyenziswa okumbalwa kuphela, akukho nayiphi enye into ephantsa i-serotonin.	Umthandisi kufuneka axelele udokotela ukuba kukho nayiphi na into eyenziwe ngxesi; ukuba akukho, iingqiqo zokuphucuka kwaye zokulungiswa komzimba ezikwi-Recovery Guide zanele.
2 — Ngokuphindaphindiweyo	Ukusetyenziswa kweziyobisi ngokuqhelekileyo njengokuzonwabisa, kwaye ngokuvamile kwenziwa ngezixhobo okanye kumacala.	Ukuba kunjalo, hlala ubuza ngayo nayiphi na into enye oyifumana. * Ukusetyenziswa kweziyobisi ezininzi kunokukhokelela kumilingo emideyo. * Ukuxutywa kwaye ukusetyenziswa kwezinto ezinobunzima kunokukhokelela kumilingo engqangqo. * Ukuxutywa kwezinto ezinobunzima kunokukhokelela ekutshabalaliseni kwengqondo. Ngezi zikhoyo, ukuba uyayifumana nayiphi na into enye, hlala ubuza ngayo.
3 — Oqobo/Ekhulayo	Ukusetyenziswa kuye kwaba ngakhulu okungakudala ingozi enkulu ngokuhamba kwexesha.	Kunconywa ukuba udokotela axutywe phambi kokuyeka, ngakumbi ukuze uhloliswe nayiphi na imithi enye oyithabatayo.
4 — Edepende / Ukusetyenziswa kwezinto ezininzi.	Ukusetyenziswa rhoqo, ezinye izihlahlo zenzelwe ukusebenzisana nezinye iindlela ezifunyanisiweyo, njengoko kukungqangela kwe-GHB okanye imithi efanayo.	Ukukhutshwa kweengcebiso zonyango kufuneka kwenziwe ngaphantsI kokulawulwa lwadokotela; ungazami ukuyeka iindlela ezininzi zonyango ngaxeshana ngaphandle kolwazi lodokotela.

Isigaba 8 — Iprotocolo Yokuhlaziswa Kwengcinezelo Yezempilo.

Le ngxenye ikhawulelweyo ukukunceda wena okanye umntu onginayo ukuba ucebise ngokunakekelo olifanelekileyo. Akukho nayiphi na imithi evunywe yi-FDA yokuphucula ukuthembekileyo kwemethodrone okanye kwezinto ezenziwe kwi-cathinone, kwaye—njengokuba kunjalo kwi-opioids okanye i-alcohol—akukho nayiphi na indlela esisiseko yokuhlaziywa ekhethekileyo le nto ethile. Oku kwenza ukuba ummeli womdla ube nombono opheleleyo wento yonke enayo ngaphakathi kwegama lakho (Isahluko 6) ibe

yinto ebalulekileyo kakhulu ekuboniseni ukuba uhlelo olukhululekileyo olifanelekileyo kuwe.

⚠ NXENJELELWE

Le ngcebiso ayizukuhamba kwiidosi ezithile zokunciphisa, ixesha, okanye imiyalelo yokusetyenziswa ye-methedrone, okanye nayiphi na imithi esetyenzyelwe ukulawula ukuyekiswa kwayo—yiyo le gap phakathi kokuba "kuyaziwa indlela," kunye nokuba "kunokwenza ngokukhululeka, ngaphandle kwengxenye," kwaye yile ndawo abantu abathintekayo. Umdokotela okanye ugqirha ogxininileyo kwezifo zokuzithandwa, osebenzisa uluhlu lwakho lweminithi kunye nomlando wokusetyenziswa kwakho, ngumthombo olungile wolu hlobo lokunyanzelwa.

Yintoni onokuza nayo kule ndibungcali:

- Uhlu oluphelele walokuba kuthengiwe—ezonyango, ezifumanekayo ngaphandle kwerekhodi, kunye nezinye izinto—kunye nexesha elisecaleni leyo nto ekusetyenziswa kuyo nganye.
- Le ngxenye yesiNgqeqevu 5, ukubhekana neengcebiso zokuhlobo, ukuba unemiphumo yovavanyo efanelekileyo.
- Nazi izimpawu zento ekuthinte umoya (serotonin syndrome) onakele ngexesha lokusetyenziswa, nokuba yizinto ezincane okanye ezifikelele kakhulu—ezi zinto zibalulekile ukuhlaziywa komngcipheko.
- Ukuba ngumhlaluthi olawulayo ukuxhasa iinkqubo zolwimi.

Isigaba 9 — Iprotocolo Yokubuyela Kwempilo (Emva kweNgxaki).

Le ngxenye iqala emva kokuba naye nabanye ubunzima bezempilo obukhulu (iSahluko 0) buphulukile, kwaye, apho kufanelekile, udokotela ujonge yonke imithi nawo wonke amacebo akho.

Tier 1 — Ibhokisi yobuzalo.

- I-5-MTHF (ifoldi omsebenzisiweyo) - inceda ukukhiqizwa kwezinto ezithintela izikhathi zengqondo ngokusekwe kwi-methylation.
- Imagnesium glycinate – inceda ukulala kunye nokulawula ngokubanzi inkqubo yezinto eziphilayo; ixhasa ingozi encinane yokuxutywa nezinye iimpama.
- I-Omega-3 (i-EPA/i-DHA) — incedo lokuxhasa ukutshabalalisa kwengqondo ngokubanzi kunye nempumela ekhulisiweyo yokukhuselo.
- Ukuthenga i-protein ngokuqhelekileyo kunye nokudla ngexesha elithile rhoqo—kuyanceda ukwandisa imveliso ye-neurotransmitter kwaye kubamba ithempi yomhlaza, ezimbini ezi zibalulekile ekubeni nomoya ophilile kwixesha lokuphucuka.

Ikhithi yesi-2 — Inkxaso yezempilo kunye neyengqondo.

Nazo zonke iinkqubo zokhetho lweziyoyo—efana nokubuyisela kwakhona okanye ukungabuyiselanga isityalo esomilekileyo, okanye ukuba isityalo esisetyenziswa kufuneka siphaphiwe—zifanele kwiingxoxo nomdokotela eSahlwini 8, hleli ekongezweni ngobunzulu. Le nkqubo yenzelwe ukuba ibe ngathi ke, hayi ukubhalwa ngokungathathi ndlwini apha, ngenxa yokucingelwa kwezinto ezifana nale nto esithetha ngayo kule miqondiso yonke.

Tier 3 — Ukulawula Inkqubo yeZemfu.

- Ukuphefumula rhoqo ngosuku—akukho nto efanele ukuba yinto engenziwanga, ngokusiko kwexesha elide elifanelekile kwiSahluko sesi-2.
- Umkhuba omandla wezinto ezomileyo, oqalisiwe kancinci kancinci—uxhasa ubuhle bobuphatho bomzimba kunye nobukhulu beserotonin.
- Ukuhlala kunemikhuba efanayo yokuphumla nokuvuka, nokuba ikhwalithi yokulala ingekafani.
- Ukuxhumana nokwazisa—ukwahlukana kunye nobungquso mayelana neengxaki zokusebenzisa amanzi amaninzi (polypharmacy) yeyona nto ebangela ingozi, hhayi nje izithintelo ezijongene nomdla wokulibuzwa.

Isigaba 10 — Ukuziqhelanisa neNgxaki, Kusasazwe.

⚠ NGXELIYO YEZOKUZONDA.

Hamba kwisibhedlela esinomdla ngexesha: ukungathathi kwayo okanye ukulahlekaza, ukuthunga kweentliziyo, ingcinga ephezulu, iintambo ezikhululekileyo, ukuphuma kokucwenga, ukutshabalalisa kwemifuno okanye ukukakasha, ukugutywa, kunye neenyawo—ngokwahlukeneyo, kwaye ngakumbi ukuba kukho nayiphi na into eyomileyo okanye isinto esetyenzisiweyo kunoko i-methedrone. Oku kufana nexesha lokusetyenziswa kunye namaxesha angamaentsuku ambalwa emva kokuyekiswa, kuba i-methedrone ithatha ixesha elide ukuhamba kumzimba. Ngokungathathi kwayo, ukumunca, kunye nokulahlekelwa kwelukululo ngaphandle kwezinto ezingenhlanzi—ezi zinto zilindelekile ngokwexesha elifanelekileyo kwiSahluko 2, kwaye ukuxhumana nomdokotela ngosuku omfanekiso kufanelekile, kodwa oku akuyona inkohlakalo esifanele ibhedlela.

Isigaba 11 — Icandelo elikhulu leCandelo lokuxutyushwa.

Ukuba oku kukufanele.	Kubu.
Ibhiliyoloji kunye negenetiki yokubuyela kwempilo emva kokusetyenziswa kwe-methedrone.	Recovery Kernel — Indlela yokululama kwi-Methedrone (umhlathi oluphambili).
Ukuxutywa kwe-methamphetamine.	Recovery Kernel – Umkhuba wokuyeka: i-Methamphetamine.
Ukuxutywa kwe-GHB / i-GBL / i-1,4-BD.	Recovery Kernel — Umkhuba wokuyeka: i-GHB.
Ukusebenzisa iibenzodiazepine kunye nezinye iziphumo.	Recovery Kernel — Ukuyeka ngokushesha: I-benzodiazepine.
Ukulungisa ukuhlala.	Incwadi Esikhulu – Iprotocoli 09, Ubume bomdla.
Ukusetyenziswa kwakhona kweendlela / ukunciphisa ulwazi.	Incwadi Esikhulu – Iprotocoli 05

Ukuba oku kukufanele.	Kubu.
Inkqulelo yokuqala yendlela yokulungisa ukuxakekileyo.	Incwadi Esikhulu – Iprotocoli 28 (C-28)

Isahluzo 12 — Ukugqiba.

ISANGANA

Into eyenza ukuyekiswa kwe-methedrone kwahlukile kwaye kube ngcono kunokuba kunjalo kumanye amanyathelo kulolu hlu akuyi nto ekubeni ukunyamekela okunzulu kukungqinelwa—kunjalo ukuba ukuyifumana ngokufanelekile kudla kwincoko eyodwa, eqinile, engxebetweyo malunga nayo yonke into enayo umntu ngaphakathi, nokuba yeyokwelapha okanye hayi. Le nqanaba ingaba njengengxenye enzima kakhulu. Yaye kunjalo indlela enkulu kunazo zonke yokuzikhusela. Umdokotela onolwazi olugcweleyo unoku kuyisusa ngokukhululekile. Umdokotela oqinisekiswe ngolwazi oluncinci akanakwenza—hayi kuba akamakhono, kodwa ngenxa yokuba ulwazi olutshintsha iphilema alufumaneki. Kwaye akukho nabani abanokuphimisela ngabo okwakhona.

UKUQESHANA KWESIZA—IPROTOKOL YOKUYEKISA: IMETHEDRONE.

Ibhidi yezinto eziluncedo zokuqala ukuthintela umthetho—Ayilona ulwazi lwezokwelapha—Akuyona nto endaweni yokunakekelwa kwengcinezelo.

Crisis Resources: 988 (Suicide & Crisis Lifeline, call or text) | Crisis Text: HOME to 741741 | SAMHSA: 1-800-662-4357